



Public Opinion in Pakistan in the Year 2000

Health Exercise

(2000-2016) Perceived Importance of Walk/Exercise: 20% decrease in respondents in 2016 than in 2000 who believe that walk/exercise is important for good health and well-being. GILANI POLL/GALLUP PAKISTAN

Islamabad, June 24, 2016

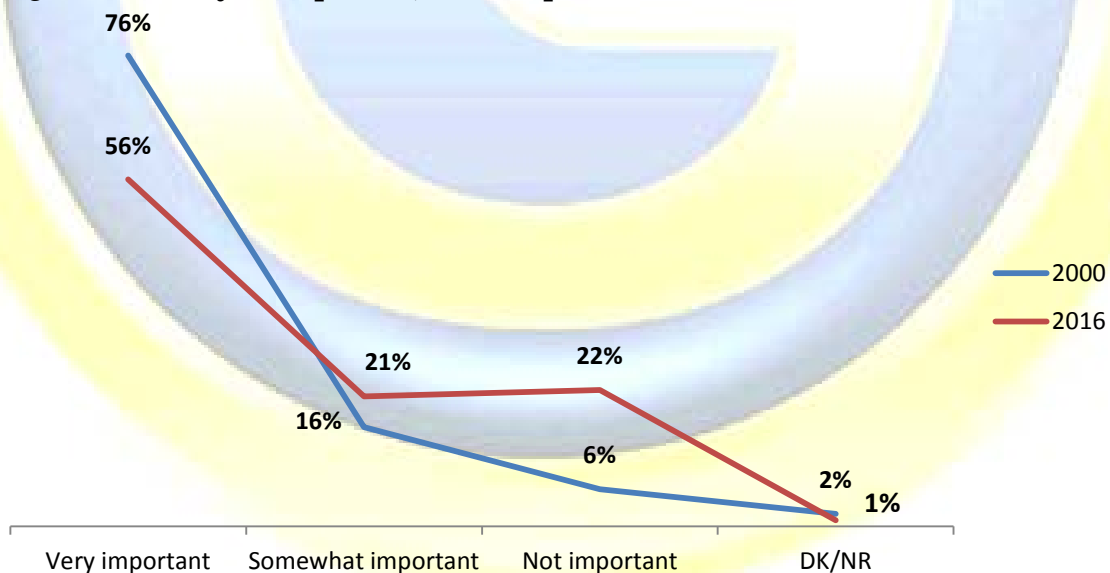
According to a Gallup Pakistan National Survey conducted in the year 2000 (16 years ago) respondents were asked how important they perceived exercise and walk to be for their health. 76% respondents said that it is very important, 16% said that it is somewhat important while 6% said that it is 'very little' to 'not important at all'. 2% did not respond.

Comparative Picture: The question was asked again in 2016 to enable a concrete comparison. In 2016, 56% respondents said that exercise/walk is very important for health, 21% said that it is somewhat important while 22% said that it is 'very little' to 'not important at all.'

According to public opinion, the perceived importance of walk/exercise for an individual's well-being and good health has decreased over the course of these 16 years. From 2000 to 2016, there has been a 20% drop in the number of respondents who believe that walk/exercise is very important for health although there has a 4% increase in those who say that it is somewhat important. There has also been a corresponding increase of 16% in respondents who believe that walk/exercise is 'very little' to 'not important at all'.

This press release has been made as part of the Gallup Pakistan History Project which aims to release historical empirical polling data to wider audiences. The objective is to sustain and encourage empirical decision making in Pakistan.

Question: In your opinion, how important is exercise/walk for health?



Source: Gallup and Gilani Surveys
The Pakistani affiliate of Gallup International Association
(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

Aim and Rationale for Gallup Pakistan History Project

Bilal I Gilani, who is Executive Director at Gallup Pakistan and is Director of Gallup Pakistan History Project explains the aim of the Project as follows: 'Gallup Pakistan has been polling in Pakistan since 1979 (over 35 years). During this time millions of Pakistanis have been surveyed by over a thousand interviewers of Gallup. In 2014, Gallup Pakistan decided to release historical Public Opinion data and this Press Release is part of Gallup Pakistan's History Project. This endeavor is dedicated to all those who hope for a more empirical understanding of Pakistani Issues. For more information about Gallup History Project, please contact caf@gallup.com.pk.'

Opinion Poll from Gallup Pakistan

The Pakistani Affiliate of Gallup International



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(3 Pages including this)

Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

Best Regards,

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of Gallup Pakistan
(1980-2015)